

Summer Schedule 2017

DATE	TUESDAYS	DATE	WEDNESDAYS
28 Mar	5 x 1k	29 Mar	Heritage Trail
04 Apr	2 ml time-trial [+ hot choc in garage]	05 Apr	Blairadam
11 Apr	8 x 400m	12 Apr	Lochore Meadows
18 Apr	Pyramid Reps	19 Apr	Michael Bruce Trail
25 Apr	5 x 1k	26 Apr	Benarty
02 May	8 x 400m	03 May	River Devon
09 May	2 mile time-trial [+ hot choc in garage]	10 May	Bishop Hill
16 May	8 x 400m	17 May	Falkland Duck Pond
23 May	Pyramid Reps	24 May	John Knox's Pulpit
30 May	5 x 1k	31 May	Milnathort Dash Route
06 Jun	2 mile time trial [+ hot choc in garage]	07 Jun	Maspie Den
13 Jun	8 x 400m	14 Jun	Glen Lomond
20 Jun	Pyramid Reps	21 Jun	Craigmead Hill Run
27 Jun	5x 1k	28 Jun	Vicar's Bridge
04 July	2 mile time trial [+ hot choc in garage]	05 July	Brig Bash 5miles
11 July	8 x 400m	12 July	Strathmiglo or Maddie Moss
18 July	Pyramid Reps	19 July	Newburgh 4.23
25 July	5x 1k	26 July	John Knox's Pulpit
01 Aug	2 mile time trial [+ hot choc in garage]	02 Aug	Castle Hill Reservoir
08 Aug	Knockhill	09 Aug	Maspie Den
15 Aug	5 x 1k	16 Aug	Loch Glow [Cleish]
22 Aug	Pyramid reps	23 Aug	Blairadam
29 Aug	8 x 400m	30 Aug	Gateside Gallop
05 Sept	2 mile time trial [+ hot choc in garage]	06 Sep	Strathmiglo
12 Sept	5 x 1k	13 Sept	Xmas Handicap Route
		20 Sept	KGV Diagonals etc

1. **TUESDAY SESSIONS:** Meet at Kirkgate Park at 7pm (about half way down or at far end)
2. **WEDNESDAY SESSIONS:-** Meet at Lathro Medical Centre at 6.45pm or 7pm AT START OF RUN
3. **SUNDAY LONG RUNS:-** Meet at Lathro Medical Centre at 9am
4. **5 MILE TIME TRIALS:-**
 - Thursday 20th April
 - Thursday 22nd June
 - Thursday 24th August

Meet at Lathro Medical Centre at 6.45pm
[after these 5mile time trials there will also be hot choc in the garage]